

SPICY MANGO & GINGER CHUTNEY

Spice up your life

Ingredients Sugar, Mango (41%), Ginger (6%), Cane sugar vinegar, Salt, Chilli powder, Ginger powder, Garlic powder.

Nutrition

Typical values	per 100g
Energy	743kJ/178kcal
Fat	0.1g
of which saturates	0.0g
Carbohydrate	43.7g
of which sugars	39.5g
Protein	0.5g
Salt	2.7g

115g^e

TRADITIONALLY MADE GINGER BISCUITS

Crunch time

Ingredients WHEAT flour (Contains Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Palm oil*, Stem ginger (7%) (Stem ginger, Sugar, Water), Rapeseed oil, Whole EGG, Raising agents: Diphosphates; Sodium bicarbonate, Ground ginger.

May contain traces of **NUTS** and **SESAME**.

*Palm oil from a certified sustainable source

Nutrition

Typical values	per 100g
Energy	1971kJ/470kcal
Fat	19.0g
of which saturates	7.8g
Carbohydrate	68.0g
of which sugars	29.0g
Protein	5.7g
Salt	1.0g

150g^e

RHUBARB & STEM GINGER JAM

Sweet memories



Ingredients Sugar, Rhubarb (43%), Stem ginger in syrup (6%) (Stem ginger (48%), Sugar, Water), Gelling agent: Fruit pectin, Acidity regulator: Citric acid, Concentrated lemon juice, Ground ginger.

Prepared with 46g of fruit per 100g.
Total sugar content 66g per 100g.

Nutrition

Typical values	per 100g
Energy	1226kJ/288kcal
Fat	0.1g
of which saturates	0.0g
Carbohydrate	72.0g
of which sugars	70.5g
Protein	0.3g
Salt	0.0g

340g^e

TOMATO, GARLIC & GINGER CHUTNEY

Here today, gone tomato

Ingredients Tomato (37%), Demerara sugar, Concentrated tomato purée, Bramley apple, Cider vinegar, Dried onion flakes, Sultanas, Garlic (2%), Stem ginger (1%), Salt, Gelling agent: Fruit pectin, Spices, Garlic powder, **MUSTARD** flour.

Nutrition

Typical values	per 100g
Energy	700kJ/173kcal
Fat	0.2g
of which saturates	0.0g
Carbohydrate	40.7g
of which sugars	38.8g
Protein	2.1g
Salt	1.5g

105g^e

STEM GINGER JAM

Tickle your taste buds

Ingredients Stem ginger in syrup (Stem ginger, Sugar, Water), Sugar, Gelling agent: Fruit pectin, Acidity regulator: Citric acid, Concentrated lemon juice.

Prepared with 22g of fruit per 100g.
Total sugar content 67g per 100g.

Nutrition

Typical values	per 100g
Energy	1393kJ/327kcal
Fat	0.1g
of which saturates	0.0g
Carbohydrate	84.7g
of which sugars	81.7g
Protein	0.1g
Salt	0.0g

340g^e

► Suitable for vegetarians

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